FOR THE GARLIC FANS
GRILLED STEAK USES OIL INFUSED WITH 25 GARLIC CLOVES {page 13}

ROYAL BLUE
DUCHESS GIVES FROCK DESIGNER A SECOND NOD {page 11}

VANCOUVER metro®
Monday, July 4, 2011
www.metronews.ca
News worth sharing.

©2011. Trademark of Kellogg Company used under licence by Kellogg Canada Inc.

Exploring happiness

- Adventurer Johan Ernst Nilson pauses in Vancouver during 'Pole 2 Pole' trip
- Key to happiness is following your dreams, Nilson says

When Johan Ernst Nilson's great grandmother was in the hospital, he found himself witnessing the reactions of her neighbours as they came to grips with their own approaching deaths.

"A lot of people were lying there being very depressed," he recalled yesterday outside a café in Yaletown.

"They were saying, 'My life is gone. I didn't do this, I didn't do that.' ... I was petrified of being one of those persons."

Today, Nilson is an explorer and documentary creator who has travelled to 100 countries, climbed Mount Everest and is currently pausing in Vancouver during a ski-and-bike trip from the North Pole to the South Pole that he started in April.

On his "Pole 2 Pole" expedition, Nilson has already survived frostbite, a fall through frigid northern ice and a grizzly bear chase. In between, however, the Swedish explorer is also working on a documentary in which he asks people he encounters what happiness is.

"You have to sit down and think, 'What am I really prepared to do to fulfill my dream?'" he explained. For Nilson, that dream is exploration. "It's what I do. I like it. I wouldn't change it for anything in the world," he said. ● DAVID PROCTOR

DAVID PROCTOR/FOR METRO

▶ John Ernst Nilson on the seawall in Yaletown yesterday.

Local

Bear a repeat offender

- Black bear believed to be responsible for woman's death had previously tried to enter home: Conservation officer {page 3}

Band comes together

Chris Cornell on new Soundgarden album {page 9}

Mayor takes more heat

Mayor Gregor Robertson barely has time to react to barrage of Stanley Cup riot criticism {page 8}

LASIK MYTH #2
"LASIK doesn't treat astigmatism."
LASIK FACT
LASIK corrects astigmatism more effectively than glasses or contacts.
Forget the myths... get the facts! Visit www.lasikmd.com/facts
Dr. Richard Léger MD, FRCSC
Dr. Thomas Nagy MD, FRCSC
LASER VISION CORRECTION
Starting at
$490 /eye*
Financing Available
LASIK MD VISION
FREE Consultation: 1-877-663-9888
VANCOUVER
1281 West Georgia Street, Suite 101
NOW OPEN IN SURREY!
10340 152nd Street
* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

ROGERS™
authorized dealer

ABBOTSFORD
148-31935 South Fraser Way
604-556-7702
Seven Oaks Shopping Centre
604-854-1988
West Oaks Mall
604-859-0070
Seven Oaks Shopping Centre
604-850-7721
BURNABY
Crystal Mall
604-436-3110
Highgate Village
604-521-3338
Lougheed Mall
604-420-7979
101-3855 Henning Dr.
604-431-2900
Metropolis (Near Bus Loop)
604-433-8000
Crystal Square
604-718-2112
Metrotown (Near T&T)
604-432-9303
Metropolis (Near Silvercity)
604-430-3903
CHILLIWACK
Cottonwood Mall
604-858-0017
CLOVERDALE
Cloverdale Crossing Mall
778-571-0776
Hillcrest Village
604-576-6360
COQUITLAM
Coquitlam Centre
604-941-6122
H-341 North Rd.
604-939-4777
DELTA
Delta Shoppers Mall
604-592-9199
Bay Side Village
604-943-3602
5180 Ladner Trunk Rd.
604-946-7100
Scottsdale Mall
604-590-9011
LANGLEY
Willowbrook Mall
604-532-9099
Fraser Crossing
Shopping Centre
604-532-0440
Thunderbird Centre
604-881-2050
MAPLE RIDGE
Valley Fair Mall
604-466-1675
Westgate Shopping Mall
604-460-2888
MISSION
Mission Hill Plaza
604-820-0811
NEW WESTMINSTER
Royal City Mall
604-777-9906
NORTH VANCOUVER
8-1301 Marine Dr.
604-983-3335
1422 Lonsdale Ave.
604-983-3025
Park & Tilford Mall
604-988-2803
West Lynn Shopping Mall
604-984-8900
RICHMOND
Continental Centre
604-279-8868
Aberdeen Centre
604-279-9187
Richmond Centre
604-273-2203
Lansdowne Mall Centre
604-247-2355
Aberdeen Centre
604-303-8811
110-3031 Beckman Place
604-244-0550
SOUTH SURREY
Semiahmoo Mall
604-536-1010
SQUAMISH
3B-40437 Tantalus Rd.
604-898-3025
SURREY
7-8430 128th St.
604-572-9955
Guildford Mall
604-951-9399
Central City
604-583-7000
129-12080 Nordel Way
604-543-8886
Southpoint Exchange
604-531-2500
101-7320 King George Hwy.
604-599-5522
VANCOUVER
155-139 Keefer St.
604-683-8283
Bentall Centre Mall
604-602-0968
6510 Fraser St.
604-325-6665
Oakridge Mall
604-267-1011
2691 West Broadway
604-736-1813
5759 West Blvd.
604-267-6383
920 Davie St.
604-684-5981
Kingsgate Mall
604-879-1003
103-1807 Burrard St.
604-736-3326
Marketplace Village
604-221-5505
601 Robson St.
604-682-4333
1795 Robson St.
604-605-8290
208 Keefer St.
604-688-3883
1093 Robson St.
604-628-1388
148-555 West 12th Ave.
604-876-0888
1022 Mainland St.
604-608-2448
WEST VANCOUVER
Park Royal North
604-921-1488
Park Royal South
604-921-4880
WHISTLER
18-4314 Main St.
604-932-2021

ROGERS plus

BURNABY
6518 East Hastings St.
604-291-9068
3433 North Rd., Unit 106
604-421-7500
Brentwood Mall
604-320-0789
MAPLE RIDGE
22430 Dewdney Trunk Rd.
604-463-2231
100-20398 Dewdney Trunk Rd.
604-460-6527
NEW WESTMINSTER
104-1065 Columbia St.
604-524-1100
NORTH VANCOUVER
Capilano Mall
604-983-9744
PORT COQUITLAM
1460 Prairie Ave.
604-552-3316
2131-2850 Shaughnessy St.
604-941-2423
RICHMOND
192-8180 No. 2 Rd.
604-275-6848
SURREY
101-17700 56th Ave.
604-574-6341
8112 120 St.
604-599-0099
101-7175 138th St.
604-599-8880
8934 152nd St.
604-581-2287
400-15355 24th Ave.
604-535-8828
101-10166 King George Blvd.
604-584-7274
TSAWWASSEN
1195 56th St.
604-943-9940
VANCOUVER
2696 East Hastings St.
604-254-9555
1027 W. 15th Ave.
604-731-1699
2097 W. Broadway
604-733-3999
1295 Davie St.
604-669-7377
Pacific Centre
604-801-5292
WEST VANCOUVER
580 Park Royal North
604-926-2623

JULY 17TH IS YOUR LAST CHANCE TO GET A PS3™

VALUE OF $299.99

Vertical stand sold separately.

Sign up 2 smartphones to a Couples & Family Plan or add a line to your existing Couples & Family Plan & the PlayStation®3 is on us.

3-year voice & data plan required.*

ONLY AT ROGERS™

Call 1 800 653-6678
rogers.com/PS3

OFFER EXTENDED UNTIL JULY 17

ROGERS™ authorized dealer | ROGERS plus | WIRELESSWAVE | WIRELESS etc... | COSTCO WHOLESALE | FUTURE SHOP | SONY | booth wireless | BEST BUY | Walmart

*Offer ends July 17/11. Subject to change without notice. Customers who activate 2 smartphones on a voice and data Couples & Family Plan or add a smartphone to an existing voice and data Couples & Family Plan (each with a 3-year term) are eligible to complete an online coupon (rogerspromotions.com/PS3offer) to redeem for a Sony PlayStation 3 (160 GB) at no additional cost while supplies last. Early cancellation fees apply. Limit one per account. "PlayStation" and the "PS" Family logo are registered trademarks and "PS3" is a trademark of Sony Computer Entertainment LLC. ©2011

Abbotsford police seize 12 guns

Police in Abbotsford recovered 12 firearms during a raid on a house on Saturday, including a loaded handgun sitting on a kitchen table.

Police will run forensic tests on each of the weapons to determine whether they have been used in any previous crimes.

Regardless of the results, police expect that firearm-related charges will be laid against a 41-year-old man who was arrested during the raid.

Abbotsford police Const. Ian MacDonald said that the raid "was important for community safety."

METRO

COURTESY OF ABBOTSFORD POLICE DEPARTMENT

▶ Weapons recovered from an Abbotsford home.

HST referendum extended

Elections BC has extended the voting period on the mail-in HST referendum until Aug. 5.

The two-week extension is intended to compensate for the recent Canada Post lockout.

The time period to request a voting package has also been extended to midnight July 22.

DAVID PROCTOR

Festival. Finale

▶ Gord Grdina plays with The Crackling in David Lam Park yesterday during the final day of the TD Vancouver International Jazz Festival.

TERRIS SCHNEIDER/FOR METRO

Summertime and all that jazz

About 1,500 artists from all over the world gathered to take part in the 26th annual Vancouver International Jazz Festival. Concerts were held across 10 days at almost 40 venues. The David Lam Park Jazz Weekend brought the music to a close during the festival's final two days, yesterday and Saturday.

Bear tried to enter victim's home: Conservation officer

Autopsy underway to ID Lillooet woman, confirm cause of death ◐ DNA samples of four bears sent to Edmonton for examination of human remains

PHYLICIA TORREVILLAS
@METRONEWS.CA

A black bear believed to be responsible for the death of a woman in Lillooet had previously tried to enter the woman's home a couple of times, a conservation officer said yesterday.

Insp. Rod Olsen of the B.C. Conservation Officer Service said there was indication the bear had caused minor damage trying to get in the house in the past. Paw prints were also seen on the doors, he added.

"But there (weren't) any food-attracting issues (in the victim's yard)," Olsen said. "It was very clean and well managed."

An autopsy is underway to provide positive identification and to confirm whether the woman was attacked or died of natural causes.

The fed-upon remains, which are believed to be hers, were found while investigating a missing-person's complaint in a remote area outside of Lillooet, a town of about 3,000 people about 240 kilometres northeast of Vancouver.

"In B.C., there's only been two (fatal) attacks since 2002," he said. "It's a rare occurrence, so it's not something we want people getting overly concerned about. They still need to treat bears with respect, keep their distance and follow the usual safety precautions."

Olsen said there are two possible reasons for a bear to attack a human: the animal may be defending itself, its food or young, or it could be on the hunt.

Four bears have already been caught and killed in the area, he added, and their DNA samples have been sent to Edmonton to determine a match with hair found on the body.

Olsen said officers are optimistic that one of the bears was responsible for the woman's death.

1 news

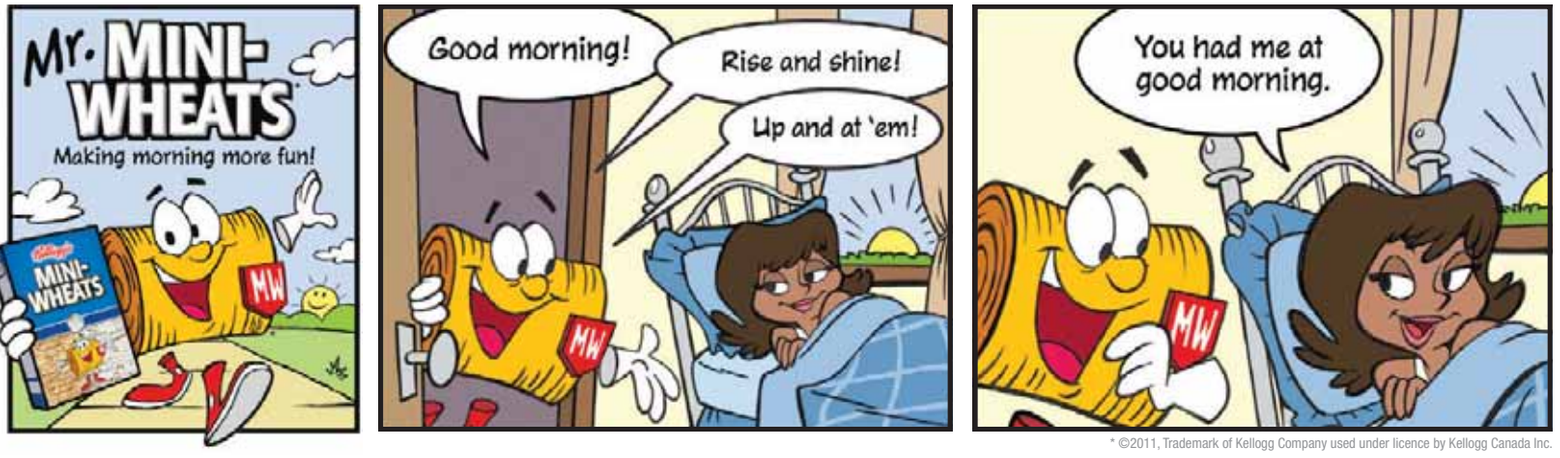
The death of a puppy that had been locked in a car may lead to charges. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

In the wake of the Kabul hotel attack, Defence Minister Peter MacKay says Canadian soldiers in the city are safe. Video at metronews.ca

Follow us on Twitter @vancouvermetro



* ©2011, Trademark of Kellogg Company used under licence by Kellogg Canada Inc.

Landside victory in Thai election

Photogenic Yingluck Shinawatra has long been seen as front-runner

The sister of exiled former Prime Minister Thaksin Shinawatra led Thailand's main opposition party to a landslide victory in elections yesterday, heralding an extraordinary political turnaround five tumultuous years after her fugitive billionaire brother was toppled in an army coup.

The vote paves the way for 44-year-old Yingluck Shinawatra, who has never held office, to become this Southeast Asian kingdom's first female prime minister.

A large mandate to govern could help the new government navigate a way out of the crisis that has plagued Thailand since Thaksin's 2006 overthrow.

But the question remains whether the nation's elite power brokers, including the monarchy and the army, would accept the result.

Thaksin was barred from politics in 2007 and convicted on graft charges the next year.

The U.S.-educated Yingluck, who he has called "my clone," is widely considered his proxy.

The incumbent premier, Abhisit Vejjajiva, conceded defeat last night and said he was ready to become the opposition.

With 98 per cent of the vote counted, preliminary results from the Election Commission indicated Yingluck's Pheu Thai party had a strong lead with 264 of 500 parliament seats, well over the majority needed to form a government.

Vejjajiva's Democrats won 160 seats.

THE ASSOCIATED PRESS

VINCENT YU/THE ASSOCIATED PRESS

▶ Yingluck Shinawatra, the Pheu Thai Party's candidate for prime minister and youngest sister of ousted Prime Minister Thaksin Shinawatra, gestures as she attends a press conference at the party headquarters in Bangkok, Thailand, yesterday.

Activists plan to go on with Gaza flotilla despite Greek ban

Organizers of a Gaza-bound flotilla said yesterday they have not abandoned their plans to breach Israel's sea blockade of the territory despite a Greek government ban on their vessels leaving the country's ports.

The campaign experienced a major setback when Greece announced its restrictions Friday, and authorities arrested the captain of a boat carrying American activists that tried to leave Greece without permission.

However, co-ordinators of the flotilla were trying to maintain momentum with small protests in Athens in the face of increasing calls for them to scrap their campaign. On Saturday, the Middle East Quartet of Mideast mediators — the U.S., UN, EU and Russia — urged governments to discourage Gaza-bound flotillas that could escalate tension in the region.

Several protesters from the American vessel briefly protested outside the U.S. Embassy before leaving.

They had originally planned to stay there overnight. They want Washington to pressure Greece to release their American captain, John Klusmire, and allow them to depart for the Gaza Strip.

The U.S. Embassy provided standard consular services to the American citizens in the flotilla "before and after" the interception of their vessel, spokesman Stuart Smith said. THE ASSOCIATED PRESS

PETROS KARADJIA/THE ASSOCIATED PRESS

▶ Supporters of the Gaza flotilla gather outside the Ministry of Public Order in Athens yesterday.

Canadian killed in Mexico, official says

A Mexican state official says a Canadian woman was stabbed to death in a suburb of San Miguel de Allende, a colonial city filled with foreign artists and retirees. Guanajuato Deputy Prosecutor Miguel Angel Rangel-Zendejas says 64-year-old Judith Zena Baylis was stabbed 21 times in her home in Atotonilco.

THE CANADIAN PRESS

Oil spill fouls Montana river

Environmental impact uncertain for Yellowstone River Oil firm trying to 'corral this monster'

LARRY MAYER/THE BILLINGS GAZETTE/THE ASSOCIATED PRESS

▶ Crude oil swirls in a flooded gravel pit in Lockwood, Mont., after a pipeline break on Saturday. The ExxonMobil pipeline that runs under the Yellowstone River near Billings, south-central Montana, ruptured and dumped oil into the waterway.

An ExxonMobil pipeline that runs under the Yellowstone River in Montana ruptured Saturday, leaking hundreds of barrels of oil into the waterway. The spill caused a 40 km plume that fouled the riverbank and forced municipalities downstream to close water intakes.

Hundreds of residents were temporarily evacuated due to the overpowering fumes and concerns about possible explosions, while cleanup crews deployed booms and absorbent material as the plume moved downstream. It was unclear how far it might travel.

ExxonMobil spokeswoman Pam Malek said the pipe leaked 750 to 1,000 barrels of oil for about a half-hour before it was shut down.

Market moment

PRICES AS OF 5 P.M. THURSDAY

TSX	Dollar
+ 111.93 (13,300.87)	+ 0.65¢ (103.68¢ US)
Oil	**Natural gas**
- $1.06 ($94.38 US)	1,000 cu ft $4.32 US (- 5.5¢)
	Gold contract $1,502.80 US (- 7.60)

"The timing couldn't be worse," said Steve Knecht, chief of operations for Montana Disaster and Emergency Services. "With the Yellowstone running at flood stage and all the debris, it makes it dang tough to get out there to do anything."

Duane Winslow, Yellowstone County director of disaster and emergency services, said the plume was dissipating as it moved downstream. "We're just kind of waiting for it to move on down while Exxon is trying to figure out how to corral this monster."

In a statement, ExxonMobil said it was sending a team to help with cleanup. The ExxonMobil Pipeline Company "deeply regrets this release," it said.

THE ASSOCIATED PRESS

Nissan turns over a new leaf, power-wise

SHUJI KAJIYAMA/THE ASSOCIATED PRESS

▶ A worker walks past a poster showing Nissan's CEO, Carlos Ghosn, at the automaker's plant in Yokosuka, Japan.

Nissan's Oppama plant in Yokosuka, northern Japan, was busily rolling out the Leaf electric car and other models on the weekend, having shifted production schedules for an aggressive nationwide effort to fight the power crunch created by the tsunami-crippled Fukushima Dai-ichi nuclear plant.

"Setsuden," or "save electricity," is Japan's biggest buzzword.

Starting Saturday, Nissan Motor Co. and other Japanese automakers are working weekends and instead taking Thursday and Friday off. The reworked schedule is for July, August and parts of September, to spread out electricity consumption during peak power-need periods.

Nissan has also beefed up its smart meter control room, which had been set up under normal times to monitor electricity consumption at its auto plants. Now, the large-screen monitors and computers more closely watch electricity consumption and predict what the usage will be 30 minutes ahead, so that assembly lines or air conditioning can be shut down, if needed.

Setsuden is evident throughout Japan, with trains running on reduced schedules, escalators and elevators shut down and neon signs turned off. Even the usually suit-clad "salarymen" have begun to wear T-shirts and go tieless in "Super Cool Biz" attire to survive thermostats at 28 C.

THE ASSOCIATED PRESS

Setsuden

- **Japanese companies,** shopping malls and universities are under orders to cut electricity use by 15 per cent.
- **Nissan is gearing up to** slash consumption by an even bigger 25 per cent next year.

Cubans hopeful about Internet access

A few dozen members of Cuba's small but growing Twitter community met in downtown Havana on Friday, putting faces to familiar user names and commiserating about the woeful Internet access on the island.

Alejandro Cruz, a.k.a. "cuba1er.plan," said Cubans like him are increasingly using social media to share interests and information. But their ranks are still sparse because Cuba lags far behind the rest of the world in connectivity, besting only the Indian Ocean island chain of Mayotte, according to a report by Akamai Technologies.

The decades-old U.S. economic embargo has left Cuba without a hardwired connection to the world, and the island relies on slow, costly satellite service. The Twitter users hope things will speed up now that an undersea fibre-optic cable to Venezuela has arrived in Cuba. It could go online this month.

THE ASSOCIATED PRESS

Greece loan staves off disaster, for now

Greece has been pulled back from impending default with a vital loan instalment. Athens will get a 12-billion-euro portion of its existing 110-billion-euro rescue package by July 15, in time to meet several bond-repayment deadlines this month and next. The eurozone and the International Monetary Fund will also continue to prop up Greece's economy, with a second package of aid loans in September. But the country's creditors are expressing more and more concern about how Greece can service a debt of 160 per cent of economic output. THE ASSOCIATED PRESS

comwave

LONG DISTANCE

LOWEST RATES TO THE WHOLE WORLD GUARANTEED!

Make long distance calls from your home or cell phone!

from 3.9 ¢/min	from 5.9 ¢/min	1.9 ¢/min	7.9 ¢/min
Bangladesh	Iran	Romania	Ukraine

Australia	1.9 ¢/min	Pakistan	5.9 ¢/min
Bosnia	13.9 ¢/min	Philippines	11.9 ¢/min
China	1.9 ¢/min	Poland	1.9 ¢/min
Colombia	from 3.9 ¢/min	Russia	from 1.9 ¢/min
Cuba	89.9 ¢/min	South Korea	2.9 ¢/min
El Salvador	9.9 ¢/min	Sri Lanka	9.9 ¢/min
Germany	1.9 ¢/min	Trinidad	4.9 ¢/min
India	2.9 ¢/min	U.A.E	14.9 ¢/min
Israel	1.9 ¢/min	U.K	2.9 ¢/min
Italy	1.9 ¢/min	Vietnam	4.9 ¢/min
Lebanon	7.9 ¢/min	Serbia	7.9 ¢/min
Mexico	from 1.9 ¢/min		

If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... GUARANTEED!

Unlimited Canada

$5 /month

Unlimited Calling to Anywhere in **CANADA**

Available on your home or cell phone.

1cent to India

1¢ /MIN

Calling India at only 1 cent per minute. (Land and mobile included).

$10 /month 1000 Minutes per Month =1¢

comwave

1-866-769-9601

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 Bundle carries a monthly fee of $2.95. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see www.comwave.net for details.

comwave

HOME PHONE LINE

UNLIMITED
WORLDWIDE CALLING INCLUDING
INDIA & 50+ COUNTRIES

Limited Time Offer

$29.95 /month

You're going to love the quality!

Unlimited Calling to
India & 50+ Countries

All Features FREE

- Voice Mail
- Call Waiting
- Caller ID
- Call Forwarding
- 3 Way Calling
- and much more...

Satisfaction Guaranteed!

6 MONTHS FREE

comwave **1-866-769-9601**

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The 6 Month Free Promotion and the rate of $29.95 is based on a 1YR term. You have a 30-Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within 30 days with no further obligation. You will receive 6 months free service if you transfer your phone number from your existing provider to Comwave in the first 30 days. Terms and conditions apply, see www.comwave.ca for details.

CONTINUING TO TWIST IN THE WIND

URBAN COMPASS

PAUL SULLIVAN
METRO VANCOUVER

It's beginning to look as if the most high-profile victim of the Stanley Cup riot could be Mayor Gregor Robertson.

He's getting it from all sides. Pundits everywhere are lining up to throw verbal rotten tomatoes.

The latest is Gwyn Morgan, Premier Christy Clark's strategic transition adviser, who must have checked with his client before launching his own overripe vegetable, indicating that the Jersey Girl is willing to let the mayor twist in the ill wind of the riot aftermath.

Morgan was also the founding CEO of Encana, one of North America's largest producers of natural gas, which makes him uniquely qualified to be a pundit.

Before he retired, Morgan was one of Canada's foremost corporate heavyweights, and his criticism of Robertson will no doubt rock the mayor's increasingly unsteady perch.

"... but the mayor hardly has time to react to all the attacks on his judgment and character — too many tomatoes, not enough time."

In his regular column for Calgary-based troymedia.com, Morgan questioned the judgment of the mayor and his team for setting up the jumbo screens that lured tens of thousands downtown, and then keeping the bars open even after the provincial government closed down the liquor stores.

As to the mayor's vow that the riot won't stop the city from holding future events, Morgan is particularly scathing: "… his administration would be prepared to once again risk the livelihood of local shop owners, and our country's international reputation, to host huge parties where only bar owners benefit."

So far, no comment from either the embattled mayor or the premier, but the mayor hardly has time to react to all the attacks on his judgment and character — too many tomatoes, not enough time.

At city hall last week, the mayor tried to proceed as it were business as usual, so the first thing on the agenda for the first meeting after the riot was another Mayor Moonbeam eye-roller: A program to encourage people to grow wheat on their front lawns. Of course, people were looking for leadership, not tips on growing their own bread to go with the mayor's ill-considered circuses.

That leadership was enthusiastically provided by the opposition, the NPA's Suzanne Anton, who tried to interrogate His Honour about the riot. After five minutes, the mayor simply turned off her microphone, instantly turning Anton into Suzanne of Arc and himself into mud.

The mayor is down so low, everything must look like up to him. Whenever the road to re-election gets rocky, he has usually been able to count on the fact that Anton, his NPA opponent in the next election, has looked pretty weak and indecisive.

Well, he's taken care of that, too.

Healing Lodge aims to change lives and souls

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here is just one.

In the Downtown Eastside, the former Pender Hotel is becoming something much more than rooms for rent. Come March 2012, the Victorian facade will house a unique development inspired by aboriginal culture, providing safe, affordable housing for community members who are homeless, as well as for aboriginal people who travel to the city for medical treatment. Alongside apartments, the Healing Lodge will provide health programs, a full-time care counsellor and traditional aboriginal healing spaces. Standing before the construction site last month, Richard George, president of the board of directors for the Vancouver Native Housing Society, proclaimed that thanks to the "holistic healing nature" of this facility, "lives will change, souls will mend and transformation will occur."

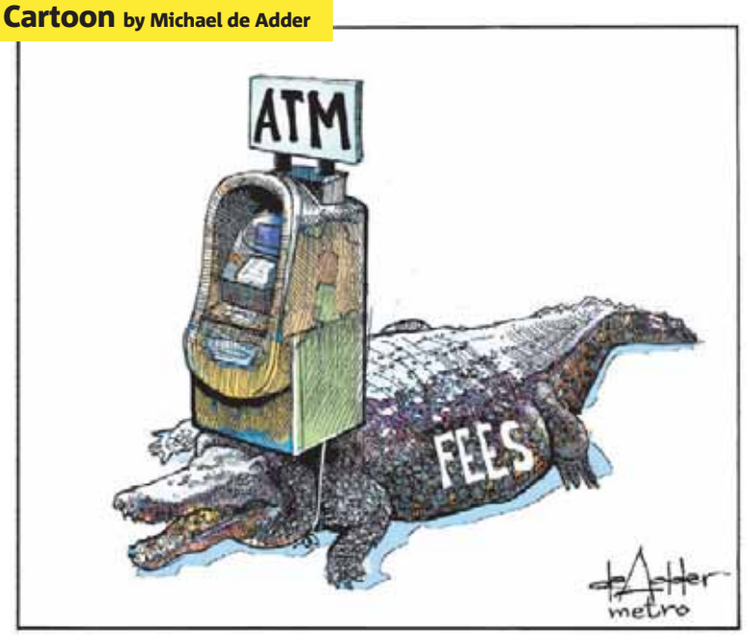
CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- **@britneyspears:** Vancouver you guys ROCK — Britney RT @cmarieso: holy F! Crazy show!!! RT if u love ur #Vancouver fans!
- **@econpanda:** Perfect weather for picnic. #Vancouver weather forecast is a myth and shall never be trusted.
- **@alan_calimbas:** Just dominated a costco-sized bag of Cheetos ... Ready to dominate the sea-wall in #Vancouver! #fitness #cheatday :0) #sunshine
- **@matthewlaird:** Yet another weekend of the #Vancouver transit mall being blocked off from transit. Please find a non-trolley bus street for pedestrian spaces
- **@celinaemcee:** Oh it's hot #Vancouver!!!! YESSSSSSSSSSSSSSSSSS HOW LONG I HAVE WAITED!
- **@Atomos:** I miss the Grouse Grind, still haven't gone back since they raised the download price to $10. More tourists, less locals #Vancouver
- **@PaulFilek:** Awwww beautiful day today in #Vancouver! Some lucky lady has no idea I'm going to be singing to her today ... Fun times ahead!
- **@amandaemag:** I wish Kate & Will were coming to #Vancouver :'(

Cartoon by Michael de Adder



WEIRD NEWS

Baboon wasn't amused with this park

A wayward baboon that apparently escaped from an amusement park and became a mini-celebrity — appearing at a golf course and being followed on Twitter — was captured Saturday after spending three days on the lam.

The animal appeared to be unharmed when it was found and tranquilized at a farm in southern New Jersey. The farm isn't far from Six Flags Great Adventure's Monkey Jungle in Jackson Township, which has about 150 baboons that are part of a drive-thru safari.

Park officials confirmed the capture and said they believed the animal was theirs. But they won't know for sure until it's assessed and they can see if it has a microchip that's embedded in all their baboons.

Numerous online followers tracked the baboon's travels after it initially was spotted Thursday. Many posted on a tongue-in-cheek Twitter account created by a person posing as the baboon.

Officials had said the baboon didn't pose a threat to residents but as a precaution warned them not to approach it if they encountered it.

THE ASSOCIATED PRESS

metro
METRO VANCOUVER • #250 - 1190 Homer Street • Vancouver, BC • V6B 2X6 • T: 604-602-1002 • Fax:604-648-3222 • Advertising number: 604-602-1002 • metronews.ca/vancouver/advertise • metronews.ca/vancouver/contactus • **Publisher** Maryse Lalonde, **Managing Editor** Jeff Hodson, **Distribution Manager** George Acimovic • **METRO CANADA: President & Publisher** Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News and Business** Amber Shortt, **Scene/Life Editor** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News and Business** Kristen Thompson, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Patience makes the Soundgarden grow

Chris Cornell on getting the band back together — and making sure it doesn't fall apart again

PAT HEALY
SCENE@METRONEWS.CA

Chris Cornell has a very practical approach to Soundgarden these days. He does what he does because he and his band like it, not because a record company says they have to.

You've been doing a lot of solo touring. How different is the mindset for doing that from the mindset you have to have for these Soundgarden shows?
Lately I've been doing what I call the Songbook tour, which is pretty much just me and an acoustic guitar, so it's about as opposite as you can get. … The only way to get any further away is if it was just me and a puppet. Then it would be a completely different genre of entertainment. And in that way, you don't really have to strive for balance. One kind of takes care of the other.

"We're just as adventurous as we've always been, so there are song arrangements and styles that are different than anything we've ever done, but no matter what, we would be doing that."
CHRIS CORNELL ON SOUNDGARDEN

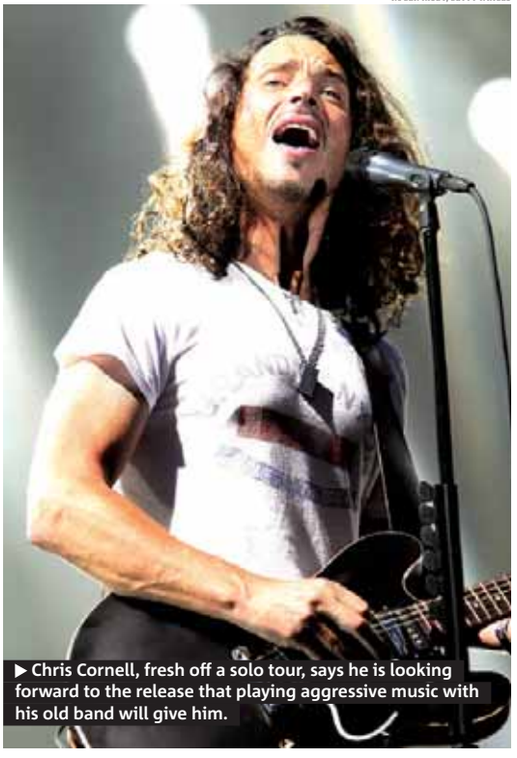
After touring around for a month and a half, doing that [acoustic tour], I was really looking forward to getting in the studio with Soundgarden and playing loud, aggressive rock music and then after doing that for a while it will feel great to just sit alone and play an acoustic guitar, so in that way I think I'm pretty fortunate to be able to have such dramatic extremes happening.

On these new dates are you guys doing any of the new stuff you've been recording?
I'm not sure if we will do that now mainly because we haven't toured in 12 years or whatever it's been. It's hard to actually come up with a set list that's inclusive of all the stuff that we would play even if we weren't working on new material. We felt like we haven't played in so long, haven't toured and haven't played in front of these different people in so long. How are we going to really make everyone happy? We don't want people to show up and be like "It was great, but they didn't play this or that." So to throw in new material, we don't know if it's something we want to do right now.

From the new songs, is there anything you're really psyched about that's almost ready to go, that you would love to play?
The whole album is close enough that I kind of get a sense of the overall feeling of it and I'm pretty happy with that. It's pretty great. It's very different. But then again, they all were, so it's not like we completely changed. Musically, at some point, I think we were always kind of doing that. And there's always familiar elements going on but it's also new.

Is there any feeling of proceeding with caution as far as hoping you don't get involved in any of the pitfalls that caused the tension that led to the breakup?
Well, I think the main one is avoiding concerns about scheduling. I suppose there was always a factor of record companies worrying about competition, other record labels and what they're releasing by what bands that would be in direct competition with our band. And that's concerned with a lot of different things — with touring, with radio airplay, with TV airplay and all the things that go along with it. And we're not really in that position anymore. We're just Soundgarden and we're just in that stage of being a band that there isn't really competition. There isn't really another band that can rush in and take our place if we're not ready.

ROGER KISBY/GETTY IMAGES



▶ Chris Cornell, fresh off a solo tour, says he is looking forward to the release that playing aggressive music with his old band will give him.

Album took 8 years to make: Welch

KARL WALTER/GETTY IMAGES

▶ Gillian Welch

As Gillian Welch has promoted her long-awaited new album, The Harrow & The Harvest, there comes a point early in each interview when a reporter asks her why it took her eight years to deliver it.

Every. Single. Time.

There's no good answer, of course. These things occasionally take a while.

"No one wanted this record out faster than we did," Welch said with a small laugh. "That's just a fact. There's no way. I don't actually believe that anyone was more miserable than myself about the eight-year wait because it isn't like we took a vacation. We actually were working the entire time. But the creative breakthrough really came when we kind of somehow managed to step outside the stress and the panic about it, you know? That's just no way to work."

By "we," she means her life (and music) partner, David Rawlings. They've been working as a duo under a soloist's name for more than 15 years now.

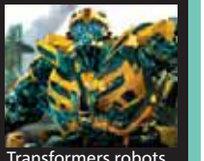
The couple has inspired a generation of musicians who look to acoustic instruments with a kind of rock 'n' roll fervour that didn't exist when Welch and Rawlings first met at the Berklee College of Music in Boston as students in the early '90s.

The pair wrote hundreds of songs for the new album, recorded them in rough form and eventually discarded them in "a song cemetery."

Welch also found the simple act of travelling helped as well. The couple makes a conscious effort to take things slow in life, skipping planes for four wheels on the open highway and remaining disconnected as much as possible from the hustle of modern life. THE ASSOCIATED PRESS

2 scene

Box office



Transformers robots have lost some of their money-making power but still have delivered the biggest opening weekend domestically so far this year. Distributor Paramount Pictures said yesterday that Transformers: Dark of the Moon took in $97.4 million domestically in its first weekend. That beat the $90.2 million debut of Disney's Pirates of the Caribbean: On Stranger Tides. But the domestic haul for the sci-fi sequel was down from the $127.9 million first weekend for 2009's Transformers: Revenge of the Fallen. Since opening Tuesday night, the new Transformers pulled in $162 million through Sunday, a drop from $200.1 million for Revenge of the Fallen in its first five days.
THE ASSOCIATED PRESS

Is J.J. Abrams a Luddite? Technology is not our friend, Super 8 says. Scan this code or visit metronews.ca/scene for more news.

DAVE ALLOCCA/THE ASSOCIATED PRESS/STARPIX

▶ Shia LaBeouf poses for photographs at the premiere of Transformers: Dark of the Moon at Times Square in New York last month.

Movie star in transformation

LaBeouf calls wrap on Transformers gig after third installment ◐ Says he has nothing new to bring to role

Shia LaBeouf's days of battling the Decepticons look to be over, with the Transformers star saying he has nothing more to offer after three films playing kid-next-door Sam Witwicky.

The 26-year-old American actor said he was through with the action-packed franchise.

"I'm done," he told The Associated Press at the opening of Transformers: Dark of the Moon at the Moscow International Film Festival.

"I'm sure they will make more of them. It's still a very hot franchise."

He added "I love making them (the movies). I love the crew. I love Michael (Bay). I love the cast. I love Sam ... but I don't have anything new to contribute and I don't think there's anywhere to take Sam really."

Paramount Pictures said the movie earned $37.3 million Wednesday in the U.S. on its first day — a 40 per cent drop from its predecessor, Revenge of the Fallen.

LaBeouf explained Witwicky's role in the latest movie. "Nobody really cares about Sam anymore," he said. "He has no purpose. He saved the world twice and has sort of been thrown to the side. This is a dude who used to validate himself on his involvement with these robots, (but) these robots no longer need him.

In addition to the Transformers, the actor starred in the 2010 film Wall Street: Money Never Sleeps, Eagle Eye in 2008 and Disturbia in 2007. THE ASSOCIATED PRESS

YOU COULD
WIN
a 4 pack of run of engagement tickets for a girl's night out to see
MONTE CARLO!
MONTE CARLO
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com

SUCKER PUNCH
BUY IT ON BLU-RAY™ COMBO PACK & DVD JUNE 28
YOU COULD
WIN A COPY OF SUCKER PUNCH ON BLU-RAY™ COMBO PACK OR DVD!
VISIT clubmetro.com TO ENTER
© 2011 Warner Bros. Entertainment Inc. All rights reserved.

Regal replay for Canuck designer

Duchess of Cambridge gives homegrown talent second nod on tour She first wore ensemble by designer on day one of royal Canadian visit

CHRIS JACKSON/GETTY IMAGES

Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge, attend a Freedom of the City Ceremony outside City Hall yesterday in Quebec.

It was a regal repeat for Kate as she opted to wear a dress from Canadian designer Erdem for the second time during the royal tour.

The Duchess of Cambridge appeared at a prayer service in Quebec City on Sunday wearing a navy lace Jacquenta dress from Erdem Moralioglu, who is a native of the province.

A model is seen wearing the dress in a photo on the Erdem website categorized under the pre-fall 2011 collection.

The Montreal-born, London-based Moralioglu behind the Erdem label created another lacy frock worn by Kate on the first day of her first official visit abroad.

Kate stepped off of a Canadian Forces jet Thursday in Ottawa donning a elbow-length, dark-coloured Erdem dress.

She wore the dress to attend a wreath-laying ceremony with Prince William at the National War Memorial in the heart of the city's downtown core.

That was followed by a walkabout among the thousands of people lining the memorial square. The pair then made their way to an official welcome ceremony at Rideau Hall.

THE CANADIAN PRESS

Swimming in bling made for a princess

JOEL RYAN/THE ASSOCIATED PRESS

Princess Charlene

At her royal wedding, Britain's Kate Middleton donned an heirloom tiara charged with historical significance. Princess Charlene of Monaco opted for something much more personal, choosing a bold, asymmetrical creation in diamond and white gold that symbolizes the one-time Olympic swimmer's love for the sea.

Made by French-German jeweler Lorenz Baumer, the "Diamond Foam" tiara in white gold and nearly 60 karats worth of diamonds evokes the spray thrown off a crashing wave. Thin strips of precision-cut diamonds arch up from behind the left ear and fan out in an almost punk-ish explosion at the temple. Large round cut diamonds, the largest weighing 8 karats, punctuate the ends of the sparkling arcs.

"Princess Charlene is a swimmer and Monaco is this little contort on the Mediterranean, so the reference to the sea was something very personal for her and at the same time a symbol of the Monegasque people," Baumer told The Associated Press.

The princess wore the headpiece to the lavish multi-course gala dinner that capped the two-day-long festivities around Charlene's long-awaited marriage to Monaco's ruling prince, Albertzqz II, the palace said Sunday.

The designer declined to give the price of the tiara, but hinted at a consequent sum.

THE ASSOCIATED PRESS

MONDAY, JULY 4 TO THURSDAY, JULY 7, 2011

SAVE AN EXTRA

30% OFF

WOMEN'S & MEN'S CLEARANCE PRICED CASUAL FASHIONS

INCLUDES WOMEN'S INTIMATES

CHOOSE FROM WOMEN'S
Jessica®/MD & Jessica Weekend™/MC
AND MEN'S
RETREAT®/MD, NEVADA®/MD & DISTINCTION®/MD
BRANDS

While quantities last. Selection varies by store.
Excludes Distinction dresswear.

Sears

NE071G311 © 2011. Sears Canada Inc.

3 life

You need this

Pretty in Pink Pull & Play Pig
It's got an anime vibe and a cute little body. Pull her tail, and the piggy wiggles. Her ears also crinkle, for your texture-loving young one. And for you: Part of the proceeds go to fight breast cancer. MWN

BRIGHT STARTS
$TBD.
Brightstarts.com

A new study shows

73 minutes

...is the average amount of TV consumed by toddlers daily. Those who watch TV after 7 p.m., may suffer from sleep problems. The viewings resulted in nightmares or trouble falling asleep, according to Seattle Children's Research Institute. MWN

Online support groups, blogging help parents deal with miscarriage, stillbirth.

Dinner&dessert

The authors of two different cookbooks, Time for Dinner and The Sneaky Chef, provide a meal that's healthy for you and your children There are hidden veggies in those cookies

Dinner. Maple-glazed plank salmon with coconut rice

4 portions
Prep time: 20 min.
Total time: 4 hr 30 min

From Time for Dinner by Pilar Guzmán, Jenny Rosenstrach and Alanna Stang.

You may have already discovered how cedar planks on the grill keep salmon moist and imbue it with rich, smoky flavour. But if you don't own a grill, why not try it in the oven? (Make sure the vent is working.)

Ingredients:

- 1 cedar plank (for cooking)
- 1/3 cup maple syrup
- 1 teaspoon Dijon mustard
- ½ teaspoon soy sauce
- juice of 1 large lime
- 1 ½ pounds salmon fillet
- 2 cups chicken broth
- 1 13.5-ounce can light coconut milk
- 2 cups uncooked jasmine rice
- salt

Preparation:

1. Soak the cedar plank in water for 4 hours; place it on a rimmed baking sheet lined with foil.
2. Preheat oven to 500° F.
3. In a bowl, combine the syrup, mustard, soy sauce, and lime juice. Put the fish in this mixture to marinate while you cook the rice.
4. In a saucepan, bring the broth and coconut milk to a boil.
5. Stir in the rice, reduce heat to low, cover, and simmer for 20 minutes.
6. Place the fish on the plank skin-side down, sprinkle it with the salt, and bake for 12 to 15 minutes, until it flakes easily but is not dry.
7. Transfer the marinade to a saucepan and heat it over low-medium heat until slightly reduced, about 3 minutes. Drizzle it over the fish before serving.

Dessert. Unbelievable Chocolate Chip Cookies

About 50 two-bite cookies
Prep time: 40 min.
Total time: 60 min

From The Sneaky Chef by Missy Chase Lapine

Oats and white beans make a decent chocolate chip cookie, you ask incredulously? And I want to throw in wheat germ and whole-wheat flour! Well, tasting is believing.

Preparation:

1. Preheat oven to 375 degrees. Remove butter from fridge to let soften.
2. In bowl, whisk flour. Blend, baking soda, salt, ground oats, and ground almonds (optional). Set aside.
3. In the bowl of a mixer, beat butter and both sugars until creamy. Beat in egg, vanilla, and White Bean Puree. Add dry ingredients and mix on low. Stir in chocolate chips (and walnuts or dried berries). Make two-bite cookies by dropping rounded half-teaspoonfuls, spaced 2 inches apart, onto non-stick or parchment-lined baking sheets.
4. Bake for 12 to 14 minutes or until golden brown. Let cool on a metal rack. Store cookies in airtight container.

Ingredients:

- 1 cup Flour Blend (see bottom fact box)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup rolled oats, finely ground in a food processor
- 2 tablespoons blanched, slivered almonds, finely ground in a food processor (omit if allergic)
- 8 tablespoons unsalted butter
- 1/4 cup sugar
- 1/4 cup brown sugar
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1/4 cup White Bean Puree (see right fact box)
- 1/2 cup semi-sweet chocolate chips
- Optional extra boost: 1 cup chopped walnuts or dried berries

The Flour Blend

- 1 cup all-purpose, unbleached white flour
- 1 cup whole wheat flour
- 1 cup wheat germ, unsweetened

Combine flours and wheat germ in a bowl. It can be stored in a sealed, labelled plastic bag for months.

White Puree

- 2 cups cauliflower florets
- 2 zucchini, peeled and roughly chopped
- 1 teaspoon lemon juice
- 3–4 tablespoons water, if necessary

Steam cauliflower in steamer over 2 inches of water, using a tightly-covered pot, for about 10 mins.

Pulse raw peeled zucchini with the lemon juice only. Drain cooked cauliflower. Add it to the pulsed zucchini in bowl of processor with two tablespoons of water. Puree on high until smooth. Stop occasionally and push contents from the top to the bottom. If necessary, add the rest of the water.

Makes about 2 cups of puree. Store in refrigerator for up to 3 days, or freeze 1/4 cup portions in sealed plastic bags or the small plastic containers.

Simplicity at its finest

Go back to delicious basics with garlic steak and grilled baked potatoes

THE CANADIAN PRESS/ TIM TURNER

▶ If you love garlic, this steak is for you. It uses 25 cloves.

Preparation:

1. In saucepan over low heat, combine garlic and red pepper flakes with 125 ml (1/2 cup) to 250 ml (1 cup) of oil, making sure you have enough oil to cover garlic cloves. Cook at a low simmer until garlic starts to brown, about 20 minutes. Remove pan from heat and let garlic cool in oil. Set aside.
2. Pour 50 ml (1/4 cup) of garlic oil onto sheet pan. Dredge steaks through oil, coating both sides. Season evenly with salt and pepper. Let steaks stand at room temperature for 30 minutes before grilling.
3. Prepare grill for direct cooking over high (230 to 290 C/450 to 550 F).
4. Brush cooking grates clean. Grill steaks over direct high heat, with lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare. Turn once or twice. Remove from grill and let rest for 5 minutes.
5. Serve steaks topped with sprinkling of salt and garlic. Spoon garlic oil over the steaks. THE CANADIAN PRESS/ WEBER'S ON THE GRILL: STEAKS & SIDES BY JAMIE PURVIANCE

Ingredients:

- 25 garlic cloves, peeled, plus extra for garnish
- 0.5 ml (1/8 tsp) crushed red pepper flakes
- 125 ml to 250 ml (1/2 cup to 1 cup) extra-virgin olive oil
- 4 bone-in steaks (each 280 to 350 g/10 to 12 oz and 2.5 cm/1 inch thick), trimmed of excess fat
- Sea salt and ground black pepper, to taste

Grilled Baked Potatoes

Ingredients:

- 6 large russet potatoes
- Olive oil
- Kosher salt
- Ground black pepper

Preparation:

1. Heat a grill to high.
2. Wash and pat dry each potato. Use fork to pierce each potato several times. Tear 6 sheets of foil, then use the fork to pierce each one several times. Place potato on each piece of foil; drizzle with olive oil and sprinkle with salt and pepper. Roll potatoes to coat, then wrap.
3. Reduce one side of grill to medium. If using charcoal grill, bank most coals to one side. Arrange potatoes on cooler side. Cook 40 minutes or until cooked.

Topping Suggestions: Baked beans, grated cheese, sour cream, crumbled bacon, diced tomates, diced onion. THE ASSOCIATED PRESS

A strange but tasty summer soup

Gazpacho, the tomato-based chilled soup, can be one of the most refreshing uses of summer produce.

We opted for another red icon of summer for our base — watermelon.

Preparation:

1. In a blender, puree watermelon until smooth.
2. In bowl, combine watermelon puree, cucumber, cantaloupe, salt, lemon juice and tarragon. Refrigerate until chilled.
3. In bowl , combine creme fraiche, basil, mint. Top soup with this mixture. THE ASSOCIATED PRESS

Ingredients:

- 1 l (4 cups) watermelon chunks, seeded
- 250 ml (1 cup) peeled, seeded cucumber, finely diced
- 250 ml (1 cup) peeled, seeded cantaloupe, finely diced
- 2 ml (1/2 tsp) salt
- Juice of 1 lemon
- 15 ml (1 tbsp) fresh tarragon, minced
- 125 ml (1/2 cup) creme fraiche
- 15 ml (1 tbsp) each fresh basil and mint, minced

RBC Royal Bank®

NO CREDIT HISTORY REQUIRED[1].

Apply for your RBC Rewards® credit card today!
Visit an RBC® Branch.

Learn more:
rbc.com/new
1-866-881-4757

Advice you can bank on™

[1] Some conditions apply. Subject to credit approval. Security deposit may apply. Unsecured RBC Royal Bank® credit card subject to meeting Royal Bank of Canada's eligibility and credit criteria. Eligible RBC Rewards credit cards include: RBC Rewards Visa‡ Gold, RBC Royal Bank Visa Classic II and RBC Royal Bank Visa Platinum Avion®. Other eligible credit cards include: RBC® Visa Cash Back and RBC Royal Bank Visa Classic Low Rate.®Registered trademarks of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ™Trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owner(s).

Educational environment

WWF-Canada expanding their current Living Planet @ Work program

BEN KNIGHT
GREEN@METRONEWS.CA

So you know your workplace could easily reduce its environmental footprint and you're eager to help make a difference. The problem? Knowing exactly what to do — and where to start.

A year ago, WWF-Canada launched its Living Planet @ Work program, helping some of Canada's largest companies take firm, decisive action to become gentler on the planet. Each corporation paid in, and the program was based in Ontario.

ISTOCK PHOTOS

▶ The WWF-Canada website will soon have tools online for any size office to implement environmental changes in their workplace.

A year later, the program is being hugely expanded.

Starting very soon, any size company anywhere in Canada can take part.

And the best news of all? It's free.

"It's all customized tools and activities and support programs for our corporate partners to educate and inspire their employees for sustainability initiatives," says Hadley Archer, WWF-Canada's VP of strategic partnerships and fundraising.

"Often, these companies already know all this stuff. What they struggle with is how to meaningfully engage their employees."

Alicia Nixon is the environmental lead for Accenture Canada, one of this nation's top management consulting, technology services and outsourcing firms.

She says the program has benefited the company in multiple ways.

"We've incorporated all 11 of our offices across Canada into this program," she says. "It's becoming more and more important to incoming employees to be part of a company that is a responsible corporate citizen. These types of initiatives are very well received by the employees."

"There's a series of things that are common for most companies that we help them develop," Archer adds.

"This is to get people in an office environment educated and inspired — everything from paper use to lighting to how companies can meet in a more environmentally responsible way. And also how to tap into some of our campaigns — like Earth Hour and the Great Canadian Shoreline Cleanup."

And coming this fall, the doors will be open to any Canadian company that wants to take part.

WagJag.com DEAL OF THE DAY!

$49 for an Introductory Radio Frequency Facelift at Weights' Wellness Studio (a $212.50 Value)

HIGHLIGHTS
- Non-surgical procedure with no downtime
- Tightens skin and helps reduce the appearance of wrinkles
- Receive 3 additional treatments for $75 each with WagJag voucher

Regular Price: $215.50
You Save: $163.50
Discount: 77%

CURRENT DEALS

$69 for $300 Worth of Home Painting Services from Mountain's Edge Painting, Plus 10% off Next Service

HIGHLIGHTS
- Variety of paints by Benjamin Moore
- Experienced, professional painters
- Interior or exterior projects
- Free no-obligation estimates

$25 for 20 Outdoor Boot Camp Classes at Boxerfit (A $199 Value) - Choose from Three Locations

HIGHLIGHTS
- Choose from 3 outdoor locations
- Instructed by a Canadian champion boxer
- For men and women of all skill levels
- Energetic, motivational environment

VISIT: WagJag
Hurry to WagJag.com to purchase local deals before time runs out.
DON'T QUITE GET IT YET? visit wagjag.com
FOLLOW US ON:

ENSURING YOU GET ORGANIC HONEY

Is there such a thing as organic honey?

Amanda of Halifax

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

There are organic beekeepers but organic honey is a little more complex.

Beekeepers have to meet stringent production standards and conditions to be certified organic. Not only do plants — the bees' source of nectar — need to be pesticide-free, their entire foraging area does, too.

This means honey has to come from areas where there is no human activity.

But organic certification bodies consult with landowners within a five-kilometer radius of the hives, and regularly test honey samples to guarantee they don't contain any pesticide residues or environmental pollutants. Organic hives cannot use non-organic honey, sugar, or antibiotics.

David Suzuki Foundation

Take a look at him now, skeptics!

Once pegged as a poor business planner, Mike Riehm did a workplace 180 and showed his critics who's boss

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

For 11 months the CBC TV crew followed Mike Riehm as he worked to build his business called EnviroBOND. With his family and friends gathered to watch the debut, a hush filled the room as the host faced the camera and said, "Have you ever wanted to start your own business? Here is an example of what NOT to do. Meet Mike Riehm."

Riehm's Notes

Riehm on surviving a tough startup.

- Confront the bull by the horns — strive to learn the things that you are afraid to know.
- If you chose not to decide, you still have made a choice. Sitting on the fence is still a choice.

SUBMITTED

▶ Mike Riehm, president and CEO of EnviroBOND.

Portrayed as a hard worker with a good product, the program slammed him for not having a sound business plan. Mike was devastated. His girlfriend left him. "I stared at a wall and cried for three days," Riehm says. "When you're going down like that you have two choices: sink or swim."

Today, 10 years later, Mike Riehm has learned some tough lessons, but the EnviroBOND products of sand, stone and organic paving materials are now being sold by 150 dealers across North America and are in seven countries around the world. He recently bought a beautiful new home, upgraded his business facility and got engaged to an amazing real estate agent.

Hey CBC, looking for a story on how a successful business is run? Meet Mike Riehm.

How to work from home

Doing business from home sound so easy ◐ So why are you so behind?

DREW HINSHAW
LIFE@METRONEWS.CA

Keeping a sense of perspective as you run a business out of a spare bedroom can be a job unto itself, small business advisors say. With no boss keeping tabs on the company math, it's all too easy, says John Jantsch, author of Duct Tape Marketing, to allow yourself the leisurely lunch breaks and hammock days that can sink your entrepreneurship.

"It's eye opening to people when they learn how much an hour costs," he said.

"If you want to make $100,000 a year working 40 hour weeks, the entire time you have to be doing work worth $50 an hour."

Which is why, he advises, you have to obey your to-do list religiously. Tack a project list to your wall to make sure you're chasing the big goals, he adds.

"You need to constantly have that discipline to focus on the pay-off work," Jantsch warns. "Reading a magazine or cleaning the office probably isn't worth $100 an hour."

Leaving the office, however, could be the most profitable thing you do all day.

"For people just starting off, the highest pay-off work you can do is get out of the office," Jantsch says. "Go network, and start meeting people."

Assemble a Board of Advisors.

Every business, no matter how miniscule, needs a set of advisors, says Jim Blasingame, author of Small Business Is Like a Bunch of Bananas.

"The dream is that you have lunch once a month with your attorney, your insurance agent, your accountant, your consultant, and you all sit around the table and talk," he says.

It almost never happens, he adds. For a one-businessperson show, you'd do better to start with a single consultant paid for keeping an eye on the company's bottom line.

"It doesn't need to be a friend," he stresses. "It needs to be someone you're paying for absolute brutal, brutal bloodletting, gut-wrenching, eviscerating candor.

YOU'RE COMMITTED TO LEARNING, AND READY FOR YOUR NEXT CHALLENGE...
A CAREER!
Please check our website for upcoming INFO SESSIONS
TESOL: Get certified for the busy summer hiring season!
Tourism and Hospitality: In Class or Now Available Online
A career step into the fastest growing industry in Canada
International Business Management:
Completion of diploma qualifies you for certification with CIM
MEMBER OF THE ILSC EDUCATION GROUP
www.greystonecollege.com
560 Granville Street
P. 604.682.3880

APPLY TODAY!
Combined Post-Basic ECE.
Aboriginal Infant and Toddler Diploma
Aboriginal Special Needs Diploma
Free Tuition, Textbooks and Supplies
Combination of traditional knowledge and theoretical foundations of childrearing
604.873.3772 | 285 East 5th Ave. Vancouver, BC
Apply NOW!
For the next program starting July 25, 2011 – 16 Seats Available
NATIVE EDUCATION COLLEGE
NEC
YOUR JOURNEY HOME
www.necvancouver.org

HILLTOP ACADEMY
FITNESS LEADERSHIP DIPLOMA PROGRAM
BECOME A PERSONAL TRAINER
• Receive Your Diploma In Under 5 Months
• Earn Up To $70/Hour
• Govt Financial Aid May Be Available
$100 New Balance Shoes Voucher to all Students
HILLTOP ACADEMY
(604) 930.8377
www.hilltopacademy.ca
PCTIA

CERTIFIED IMMIGRATION CONSULTANT PROGRAM
INFO SESSION SURREY
Tuesday July 5th 2011 at 6:30pm
Call Jessie to reserve your seat.
Apply NOW for this program.
Starts July 19th 2011
Part-time classes. Two evenings per week and Saturdays.
Only program this year to be held in Surrey.
Class limited to 20 students.
Accounting • Bookkeeping • Financial Services • Business • Home Inspection • Human Resources • Immigration • International Trade • Sales & Marketing
LEARN MORE
1190 Melville Street, Vancouver, BC
Ashtoncollege.com | 604.210.3417
Ashton
Education with Purpose

When tradition is taken too far

From playful initiation to violent hazing

Where do we draw the line for our new high school students?

ISTOCK

▶ The first day of high school should be an exciting one, not a day to be afraid of.

For some, an initiation to high school is viewed as a rite of passage, usually involving some kind of embarrassing activity. Picture teenage boys in bunny costumes. But for others, it's become a cruel, sometimes violent, hazing.

Lucas Jansen, who starts high school in the fall, isn't too worried.

"I heard about the rainbow unicorn sticker thing," he said with a laugh.

"I think that if it's just stuff like that then it would be fine. It's doing little practical jokes, (those) things would be OK. If that's how freshieing was, then I think we wouldn't have to deal with all of this trouble, but I think people are just taking it way too far sometimes."

Earlier this month, two high school students in Lethbridge, Alta., pleaded guilty to hitting younger students with a goalie stick and skateboard as part of an initiation ritual last summer. Court heard both accused had been subjected to similar initiations when they started high school, but that didn't go over well with the judge who said they ought to know it's wrong.

The two boys were handed conditional discharges.

They were the last to be sentenced in the incident. Another boy was sentenced to four months of supervised custody. One girl was given a conditional sentence including a year probation. Another girl was given a conditional discharge.

In Regina, two Grade 8 boys suffered what one lawyer described as a "horrific" beating by four high school boys.

The younger boys were heading back to their elementary school after lunch one day in June 2010, when they passed a high school and were beckoned by the older boys. The younger boys were taken behind a hockey arena where they were paddled with a skateboard and fence posts..

Rybchuk said paddling as a form of initiation has been around since the 1950s. The practice seemed to fade for a while, he said, before making a violent resurgence.

"That's what made this a particularly troubling case and the parents felt they just had to do something about it," said Rybchuk.

"I think people are just taking it way too far sometimes."
LUCAS JANSEN, SOON-TO-BE NINTH GRADER

Rybchuk said it appears that students may not even understand the legal consequences of some of their actions.

"Where do you draw the line on typical frosh activities? It can't be anything that results in psychological or physical injury or damage to the children and that's clearly the case here. They suffered psychologically, emotionally ... and the physical injuries in and of themselves were well documented."

However, Rybchuk acknowledged there can still be a place for such activities, if it's done appropriately.

"It's not an offence to apply force or to touch somebody if they're consenting to it," he said.

"So if it's clear the Grade 9s are participating in this voluntarily, willing and they consent to the activity - especially beforehand - then that's fine. It's when they don't, it's when they're not agreeable to the demeaning, humiliating, psychologically damaging or physically damaging behaviour that you get into trouble."

THE CANADIAN PRESS

Latest incidents

- In 2009, 25 students at a Winnipeg school were suspended for hazing younger students. Parents and students said Grade 10 boys were paddled with hockey sticks while Grade 10 girls were sprayed with bleach, vinegar and pickle juice.
- That same year, nine Grade 12 students at a school in Oakbank, Man., were suspended for two days after hitting Grade 9 students with water balloons.

Old School

Adler School

Information Session
Saturday, July 16th
1:00–2:30pm
RSVP to
vanadmissions@adler.edu

One-on-one dialogue is a start, but it's not enough to tackle society's most complex problems. Powerful solutions require multiple perspectives. That's why the Adler School is training tomorrow's psychology practitioners to bring more voices into the conversation. Apply today—and empower communities to speak up. **adler.edu**

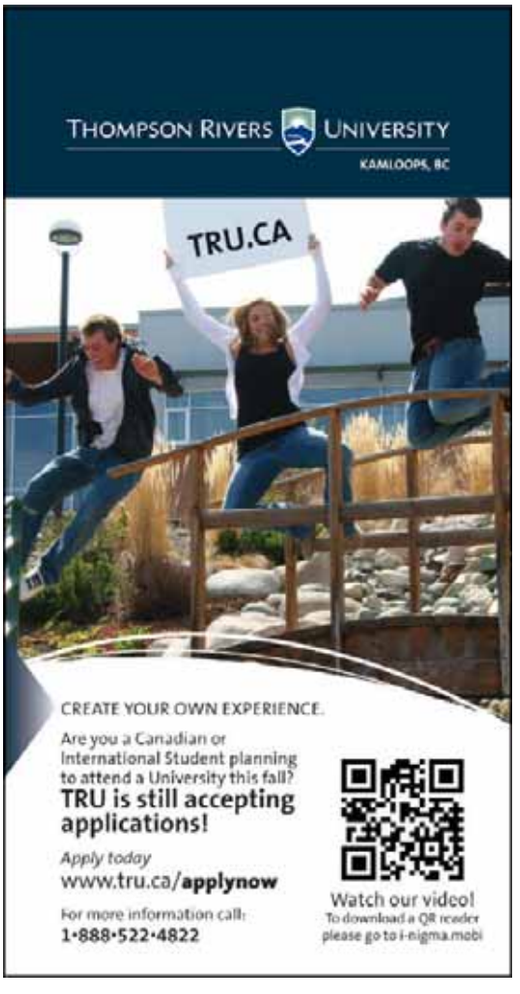
Leading Social Change

Master of Arts in Counselling Psychology
Master of Arts in Organizational Psychology
Master of Arts in Community Psychology

Flexible weekend, day and evening formats and scholarships available.

SUITE 1200 1090 WEST GEORGIA STREET
VANCOUVER, BC V6E 3V7
604-482-5510
VANADMISSIONS@ADLER.EDU

ADLER SCHOOL of Professional Psychology


THOMPSON RIVERS UNIVERSITY
KAMLOOPS, BC
TRU.CA
CREATE YOUR OWN EXPERIENCE.
Are you a Canadian or International Student planning to attend a University this fall?
TRU is still accepting applications!
Apply today
www.tru.ca/applynow
For more information call:
1•888•522•4822
Watch our video!
To download a QR reader please go to i-nigma.mobi

Wild deal Havlat to Sharks for Heatley

The San Jose Sharks have traded forward Dany Heatley to the Minnesota Wild for forward Martin Havlat.

The trade yesterday is the second major deal this off-season between the two teams. San Jose acquired all-star defenceman Brent Burns from Minnesota late last month for a package headlined by Devin Setoguchi.

Havlat had 22 goals and 40 assists in 78 games last season. He has 209 goals and 303 assists in a 10-year career with Minnesota, Chicago and Ottawa.

The Sharks acquired Heatley from Ottawa two years ago, hoping he would be the piece that lifted them to the Stanley Cup. He had 39 goals his first season but only 26 last year.

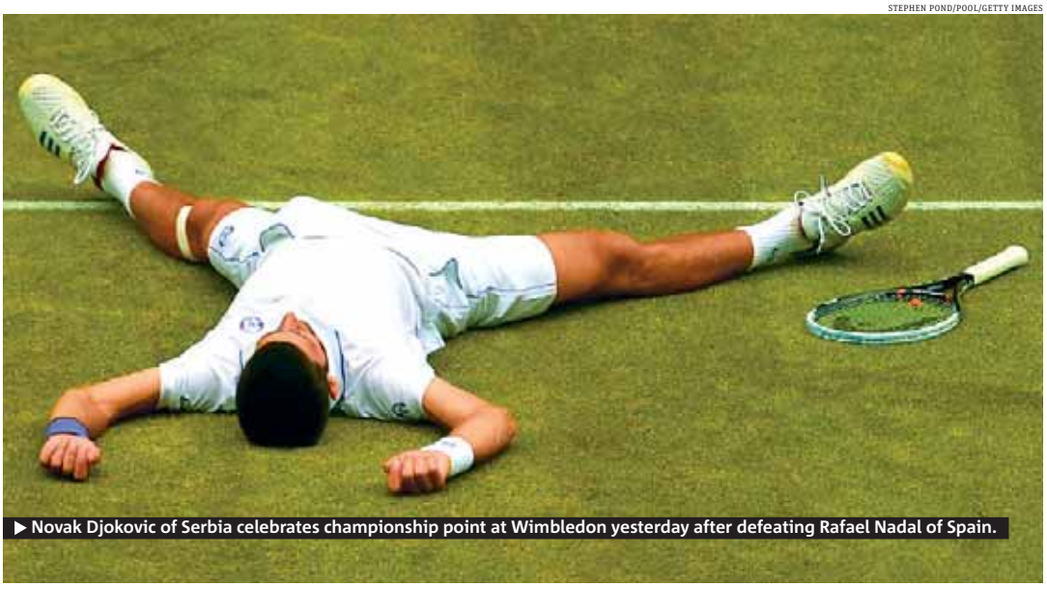
"When players that we have targeted become available, you need to be able to react quickly and you also have to pay a price in order to acquire them," Sharks general manager Doug Wilson said in a release.

THE CANADIAN PRESS

Canucks signings

- **The Vancouver Canucks** signed forwards Chris Higgins and Steven Pinizzotto yesterday.
- **Higgins, 28, split last** season between the Canucks and Florida Panthers.
- **Pinizzotto, 27, spent last** season with the AHL's Hershey Bears.

STEPHEN POND/POOL/GETTY IMAGES



▶ Novak Djokovic of Serbia celebrates championship point at Wimbledon yesterday after defeating Rafael Nadal of Spain.

Djokovic seals spot atop new tennis order

World's new No. 1 wins first Wimbledon in four sets (6-4, 6-1, 1-6, 6-3) Serb 5-0 against Nadal in 2011 Gets first Grand Slam win over Spaniard

Until yesterday, Novak Djokovic never managed to win a grass-court tournament of any sort, let alone Wimbledon.

Until this marvellous — and nearly perfect — year, Djokovic was very good. Now he's great.

After outrunning, outswinging and, for stretches, dominating defending champion Rafael Nadal for his third major championship overall, Djokovic crouched on Centre Court, reached down, plucked some blades of grass and shoved them in his mouth.

"I felt like an animal. I wanted to see how it tastes. It tastes good," Djokovic said later, his eyes wide and his smile contagious. "It came spontaneously, really. I didn't plan to do it. I didn't know what to do for my excitement and joy."

Putting together one of the best seasons by any athlete in any sport in recent memory, Djokovic claimed major trophies from the Australian Open and Wimbledon. Today, he will rise from No. 2 to No. 1 in the ATP rankings, overtaking Nadal, a switch guaranteed by virtue of Djokovic's win in the semifinals Friday.

Women's final

Petra Kvitova won her first Grand Slam title Saturday by beating Maria Sharapova 6-3, 6-4 in the Womens' final at Wimbledon.

"I want to win more Grand Slams," said Djokovic, the first man since Andre Agassi in 1992 to win his first grass title at Wimbledon. "I will not definitely stop here, even though I have achieved (the) two biggest things in my life in three days."

Which, perhaps, is why he engaged in such a lengthy and original celebration, even tossing several rackets into the stands, the sort of crowd-pleasing gesture for which Djokovic has long been known.

For years, Roger Federer and Nadal ruled tennis. One or the other was No. 1 every week since February 2004. One or the other won 22 of the last 26 Grand Slam tournaments, including Nadal's 10 titles. THE ASSOCIATED PRESS

4 sports

Quoted

"I'm the captain of this ship and something like that cannot happen. That falls on me. I should have trusted my instincts with what I felt it was, but I didn't and that's my fault."

SEATTLE MANAGER ERIC WEDGE APOLOGIZED TO HIS TEAM YESTERDAY FOR NOT ARGUING ON SATURDAY NIGHT WHEN THE SAN DIEGO PADRES' CAMERON MAYBIN WAS AWARDED A WALK ON ONLY THE THIRD BALL OF HIS AT-BAT. THE SCOREBOARD DISPLAYED AN INCORRECT COUNT AND THE UMPIRE ALSO WHIFFED ON THE CALL.

Android is a trademark of Google Inc.

Metro, Canada's first newspaper to really Android

metro

DOWNLOAD THE NEW METRO APP FREE for your Android

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	50	32	.610	—
Boston	49	34	.590	1½
Tampa Bay	47	37	.560	4
Toronto	41	44	.482	10½
Baltimore	36	45	.444	13½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	44	38	.537	—
Detroit	45	40	.529	½
Chicago	42	43	.494	3½
Minnesota	36	46	.439	8
Kansas City	34	50	.405	11

WEST DIVISION

	W	L	Pct	GB
Los Angeles	44	41	.518	—
Texas	44	41	.518	—
Seattle	41	43	.488	2½
Oakland	38	47	.447	6

INTERLEAGUE

Yesterday's results
Detroit 6 San Francisco 3
Toronto 7 Philadelphia 4
Cincinnati 7 Cleveland 5
N.Y. Mets 3 N.Y. Yankees 2 (10 ings)
Baltimore 5 Atlanta 4
Tampa Bay 8 St. Louis 3
Boston 2 Houston 1
Minnesota 9 Milwaukee 7
Chicago Cubs 3 Chicago White Sox 1
Kansas City 16 Colorado 8
Oakland 7 Arizona 2
Seattle 3 San Diego 1
Florida 6 Texas 4
L.A. Angels 3 L.A. Dodgers 1
Saturday's results
Philadelphia 5 Toronto 3
Chicago White Sox 1 Chicago Cubs 0
Cleveland 3 Cincinnati 1
N.Y. Yankees 5 N.Y. Mets 2
Boston 10 Houston 4
San Francisco 15 Detroit 3
Atlanta 5 Baltimore 4
Milwaukee 8 Minnesota 7
Tampa Bay 5 St. Louis 1
Florida 9 Texas 5
Colorado 9 Kansas City 6
Arizona 4 Oakland 2
L.A. Angels 7 L.A. Dodgers 1
San Diego 1 Seattle 0

AMERICAN LEAGUE

Today's games
All Times Eastern
Toronto (Morrow 4-4) at Boston (Lackey 5-7), 1:35 p.m.
Tampa Bay (Price 8-6) at Minnesota (Duensing 5-7), 2:10 p.m.
Seattle (Pineda 7-5) at Oakland (McCarthy 1-4), 4:05 p.m.
N.Y. Yankees (A.J.Burnett 8-6) at Cleveland (Tomlin 9-4), 6:35 p.m.
Kansas City (Francis 3-9) at Chicago White Sox (Buehrle 6-5), 7:10 p.m.
Baltimore (Jakubauskas 2-1) at Texas (C.Lewis 7-7), 8:05 p.m.
Detroit (Furbush 1-1) at L.A. Angels (Pineiro 3-3), 9:05 p.m.
Tomorrow's games
N.Y. Yankees at Cleveland, 7:05 p.m.
Toronto at Boston, 7:10 p.m.
Baltimore at Texas, 8:05 p.m.
Kansas City at Chicago White Sox, 8:10 p.m.
Tampa Bay at Minnesota, 8:10 p.m.
Detroit at L.A. Angels, 10:05 p.m.
Seattle at Oakland, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	53	32	.624	—
Atlanta	49	36	.576	4
New York	42	42	.500	10½
Washington	42	43	.494	11
Florida	38	46	.452	14½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	45	40	.529	—
St. Louis	45	40	.529	—
Pittsburgh	43	41	.512	1½
Cincinnati	43	42	.506	2
Chicago	35	50	.412	10
Houston	29	56	.341	16

WEST DIVISION

	W	L	Pct	GB
San Francisco	48	37	.565	—
Arizona	45	40	.529	3
Colorado	41	43	.488	6½
San Diego	38	47	.447	10
Los Angeles	37	48	.435	11

Yesterday's result
Pittsburgh 10 Washington 2
Saturday's results
Pittsburgh 5-3 Washington 3-4
Today's games
All Times Eastern
Chicago Cubs (C.Coleman 2-4) at Washington (Zimmermann 5-7), 1:05 p.m.
Houston (Myers 3-7) at Pittsburgh (Maholm 4-9), 1:35 p.m.
Arizona (D.Hudson 9-5) at Milwaukee (Marcum 7-3), 4:10 p.m.
San Diego (Richard 4-9) at San Francisco (Lincecum 6-6), 5:05 p.m.
Philadelphia (Worley 3-1) at Florida (Nolasco 5-4), 6:10 p.m.
Cincinnati (Cueto 5-2) at St. Louis (C.Carpenter 3-7), 6:15 p.m.
Colorado (Jimenez 3-7) at Atlanta (Hanson 9-4), 7:10 p.m.
N.Y. Mets (Capuano 7-7) at L.A. Dodgers (R.De La Rosa 3-3), 9:10 p.m.
Tomorrow's games
Chicago Cubs at Washington, 7:05 p.m.
Houston at Pittsburgh, 7:05 p.m.
Colorado at Atlanta, 7:10 p.m.
Philadelphia at Florida, 7:10 p.m.
Cincinnati at St. Louis, 7:15 p.m.
Arizona at Milwaukee, 8:10 p.m.
N.Y. Mets at L.A. Dodgers, 10:10 p.m.
San Diego at San Francisco, 10:15 p.m.

BLUE JAYS 7, PHILLIES 4

Philadelphia	ab	r	h	bi	Toronto	ab	r	h	bi
Rollins ss	5	0	1	2	A.Hill 2b	4	0	1	1
Polanc dh	4	0	0	0	EThms rf	4	1	2	1
Utley 2b	4	0	1	0	Bautist 3b	4	2	2	1
Howard 1b	4	0	1	0	Lind dh	4	1	2	0
Victorn cf	3	1	2	0	JRiver lf	3	0	0	1
BFrncs lf	3	1	1	1	CPttrsn lf	0	0	0	0
Ibanez ph-lf	1	0	1	0	Encrnc 1b	4	1	1	2
DBrwn rf	4	1	1	0	Arencii c	4	0	0	0
Ruiz c	3	1	2	1	RDavis cf	4	2	3	0
WValdz 3b	3	0	0	0	JMcDnl ss	4	0	0	1
Gload ph	1	0	0	0					
Totals	**35**	**4**	**10**	**4**	**Totals**	**35**	**7**	**11**	**7**

Philadelphia	040	000	000	**4**
Toronto	001	011	04x	**7**

E—B.Francisco (3), W.Valdez (5). DP—Toronto 1. LOB—Philadelphia 6, Toronto 5. 2B—Victorino 2 (14), Ibanez (17), Ruiz (10), R.Davis (13). 3B—R.Davis (6). HR—E.Thames (3), Bautista (27), Encarnacion (6). SB—R.Davis 3 (21). CS—Victorino (2). SF—J.Rivera.

Philadelphia	IP	H	R	ER	BB	SO
Cl.Lee L,9-6	7 1-3	10	7	6	0	9
Stutes	2-3	1	0	0	0	1
Toronto						
Jo-.Reyes	6	8	4	4	2	0
Rzepczynski	1 1-3	1	0	0	0	0
Dotel W,2-1	1 2-3	1	0	0	0	2

Umpires—Home, Ed Hickox; First, Ed Rapuano; Second, Brian O'Nora; Third, Alfonso Marquez. T—2:26. A—26,204 (49,260).

TENNIS

WIMBLEDON

At London

SUNDAY

MEN
Singles
Championship
Novak Djokovic (2), Serbia, def. Rafael Nadal (1), Spain, 6-4, 6-1, 1-6, 6-3.
MIXED DOUBLES
Championship
Jurgen Melzer, Austria, and Iveta Benesova (9), Czech Republic, def. Mahesh Bhupathi, India, and Elena Vesnina (4), Russia, 6-3, 6-2.
JUNIORS
Girls
Doubles
Championship
Eugenie Bouchard, Westmount, Que., and Grace Min (2), U.S., def. Demi Schuurs, Netherlands, and Tang Hao Chen, China, 5-7, 6-2, 7-5.

SATURDAY

WOMEN
Singles
Championship
Petra Kvitova (8), Czech Republic, def. Maria Sharapova (5), Russia, 6-3, 6-4.
Doubles
Semifinals
Sabine Lisicki, Germany, and Sam Stosur, Australia, vs. Marina Erakovic, New Zealand, and Tamarine Tanasugarn, Thailand, 6-3, 4-6, 8-6.
Championship
Kveta Peschke, Czech Republic, and Katarina Srebotnik (2), Slovenia, def. Sabine Lisicki, Germany, and Sam Stosur, Australia, 6-3, 6-1.
MEN
Doubles
Bob and Mike Bryan (1), U.S., def. Robert Lindstedt, Sweden, and Horia Tecau (8), Romania, 6-3, 6-4, 7-6 (2).

CFL

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	1	1	0	0	30	26	2
Winnipeg	1	1	0	0	24	16	2
Toronto	1	1	0	0	23	21	2
Hamilton	1	0	1	0	16	24	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	1	1	0	0	42	28	2
Saskatchewan	1	0	1	0	28	42	0
B.C.	1	0	1	0	26	30	0
Calgary	1	0	1	0	21	23	0

WEEK ONE

Last night's result
Edmonton 42 Saskatchewan 28
Friday Results
Toronto 23 Calgary 21
Winnipeg 24 Hamilton 16
Thursday Result
Montreal 30 B.C. 26

WEEK TWO

All Times Eastern
Friday, July 8
Toronto at Winnipeg, 7:30 p.m.
Calgary at B.C., 10:30 p.m.
Saturday, July 9
Montreal at Saskatchewan, 4 p.m.
Hamilton at Edmonton, 7 p.m.

GOLF

PGA TOUR AT&T NATIONAL

At Newtown Square, Pa.
Par 70
Final Round
(a-denotes amateur)

Nick Watney, $1,116,000	70-69-62-66—267
K.J. Choi, $669,600	69-64-69-67—269
Charles Howell III, $322,400	68-68-69-66—271
Jeff Overton, $322,400	71-65-68-67—271
Adam Scott, $322,400	66-71-66-68—271
Robert Allenby, $215,450	71-68-68-65—272
Chris Stroud, $215,450	70-68-66-68—272
Bryce Molder, $179,800	69-67-68-69—273
Chris Kirk, $179,800	70-71-63-69—273
Webb Simpson, $179,800	69-70-64-70—273
Bo Van Pelt, $148,800	69-66-71-68—274
Kevin Stadler, $148,800	73-69-64-68—274
Chris DiMarco, $124,000	71-70-70-64—275
Rickie Fowler, $124,000	68-69-64-74—275
Kevin Streelman, $99,200	71-69-68-68—276
Joe Ogilvie, $99,200	67-70-70-69—276
Justin Rose, $99,200	70-72-65-69—276
John Merrick, $99,200	68-70-68-70—276
Spencer Levin, $99,200	70-68-68-70—276
a-Patrick Cantlay	70-69-71-67—277
Robert Garrigus, $72,230	68-72-68-69—277
Michael Putnam, $72,230	72-70-69-66—277
Troy Matteson, $72,230	68-70-68-71—277
Steve Marino, $72,230	70-70-63-74—277
Charley Hoffman, $51,460	71-69-70-68—278
George McNeill, $51,460	70-70-69-69—278
Tom Gillis, $51,460	72-69-68-69—278
J.J. Henry, $51,460	70-69-68-71—278
Cameron Tringale, $51,460	75-68-64-71—278
Chris Riley, $41,230	69-66-75-69—279
Hunter Mahan, $41,230	72-71-66-70—279
Andres Romero, $41,230	71-70-67-71—279
Troy Merritt, $41,230	74-68-70-67—279
Also	
Stephen Ames, $14,839	**72-71-68-72—283**
David Hearn, $13,764	**69-70-73-72—284**
Mike Weir, $12,524	**71-70-73-74—288**

CHAMPIONS TOUR MONTREAL CHAMPIONSHIP

At Montreal
Par 72
Final Round

John Cook, $270,000	63-66-66—195
Chien Soon Lu, $158,400	65-63-70—198
Joey Sindelar, $129,600	65-66-68—199
Bill Glasson, $88,800	67-69-64—200
Corey Pavin, $88,800	66-67-67—200
Dan Forsman, $88,800	65-67-68—200
Rod Spittle, $57,600	**69-70-62—201**
Larry Mize, $57,600	65-69-67—201
Jeff Sluman, $57,600	65-67-69—201
Joe Ozaki, $38,700	71-66-65—202
Mike Goodes, $38,700	69-68-65—202
Tom Lehman, $38,700	67-66-69—202
Chip Beck, $38,700	67-67-68—202
Jay Haas, $38,700	65-66-71—202
John Huston, $38,700	63-67-72—202
Joe Daley, $27,945	69-67-67—203
R.W. Eaks, $27,945	66-69-68—203
David Eger, $27,945	68-67-68—203
Michael Allen, $27,945	67-66-70—203
Also	
Jim Rutledge, $9,045	**69-70-69—208**
Yvan Beauchemin, $4,356	**71-71-68—210**
Daniel Talbot, $828	**72-74-75—221**

EUROPEAN PGA FRENCH OPEN

At Saint-Quentin-En-Yvelines, France
Par 71
Final Round

Thomas Levet	70-70-67-70—277
Mark Foster	68-68-68-74—278
Thorbjorn Olesen	66-71-71-70—278
Martin Kaymer	71-69-67-73—280
Simon Khan	70-70-70-71—281
Richie Ramsay	69-68-68-76—281
James Morrison	66-66-72-78—282
Hennie Otto	69-71-71-71—282
Brendan Steele	74-70-67-71—282
Anthony Wall	68-73-69-73—283
Nicolas Colsaerts	69-70-71-74—284
Lorenzo Gagli	72-67-73-72—284
Richard Green	65-68-76-75—284
Graeme Storm	65-75-71-73—284

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	17	7	4	6	21	16	27
New York	18	5	3	10	29	23	25
Columbus	17	6	5	6	20	19	24
Kansas City	16	5	6	5	21	22	20
Houston	18	4	6	8	21	22	20
D.C. United	16	4	5	7	23	29	19
Chicago	18	2	4	12	19	22	18
Toronto	19	3	7	9	17	29	18
New England	17	3	8	6	13	21	15

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	19	9	2	8	25	15	35
Dallas	18	10	4	4	26	17	34
Seattle	19	8	4	7	25	18	31
Real Salt Lake	15	7	3	5	18	9	26
Colorado	18	5	5	8	19	21	23
San Jose	16	5	5	6	22	19	21
Portland	16	5	8	3	19	28	18
Chivas USA	17	4	7	6	21	22	18
Vancouver	18	2	8	8	18	25	14

Note: Three points for a win, one for a tie.
Last night's result
Houston 0 Colorado 0
Saturday's results
Chicago 1 Chivas USA 1
Dallas 2 Columbus 0
D.C. United 2 Philadelphia 2
Kansas City 2 Portland 1
New York 2 San Jose 2
Tonight's games
All Times Eastern
New England at Real Salt Lake, 8:30 p.m.
Seattle at Los Angeles, 10:30 p.m.
Wednesday's games
Toronto at New York, 8 p.m.
Colorado at Kansas City, 8:30 p.m.
Columbus at Vancouver, 10 p.m.
San Jose at Chivas USA, 10:30 p.m.

NUTRILITE CANADIAN CHAMPIONSHIP

Saturday's result
Toronto 2 Vancouver 1
(Toronto wins title on 3-2 aggregate)

TORONTO FC 2, WHITECAPS 1

First Half
1. Vancouver, Sanvezzo, 21st minute
Second Half
1. Toronto, Plata, 51st
2. Toronto, Yourassowsky, 61st
Yellow Cards — Vancouver: Hassli (foul, 50th), Teibert (foul, 72nd); Toronto: Martina (dive, 56th).
Red Cards — None.
Attendance — 15,474 at BMO Field.
MATCH STATISTICS
Shots — Vancouver: 12; Toronto: 14.
Shots On Goal — Vancouver: 3; Toronto: 6.
Saves (goalkeeper) — Vancouver (Cannon): 7; Toronto (Frei): 2.
Fouls — Vancouver: 13; Toronto: 13.
Offsides — Vancouver: 2; Toronto: 3.
Corner Kicks — Vancouver: 2; Toronto: 4.
Total Passes — Vancouver: 379; Toronto: 291.
Possession — Vancouver: 56.1%; Toronto: 43.9%.

NASL

Last night's result
Carolina 2 Montreal 0
Today's games
All Times Eastern
Puerto Rico at Atlanta, 5 p.m.
Fort Lauderdale at Tampa Bay, 6 p.m.
Edmonton at Minnesota, 7:30 p.m.

2011 COPA AMERICA

FIRST ROUND

Yesterday's results
At La Plata, Argentina
Brazil 0 Venezuela 0
At Santa Fe, Argentina
Paraguay 0 Ecuador 0
Saturday's result
At Jujuy, Argentina
Colombia 1 Costa Rica 0
Tonight's games
All Times Eastern
At Mendoza, Argentina
Uruguay vs. Peru, 6:15 p.m.
Chile vs. Mexico, 8:45 p.m.

MEN'S U-17 WORLD CUP

QUARTER-FINALS

Yesterday's results
At Monterrey, Mexico
Uruguay 2 Uzbekistan 0
At Queretaro, Mexico
Brazil 3 Japan 2
Today's games
All Times Eastern
At Morelia, Mexico
Germany vs. England, 4 p.m.
At Pachuca, Mexico
France vs. Mexico, 7 p.m.

WOMEN'S WORLD CUP

GROUP STAGE

Yesterday's results
At Wolfsburg, Germany
Australia 3 Equatorial Guinea 2
Brazil 3 Norway 0
Saturday's results
At Augsburg, Germany
Sweden 1 North Korea 0
At Sinsheim, Germany
U.S. 3 Colombia 0
Tomorrow's games
All Times Eastern
At Augsburg, Germany
England vs. Japan, 12:15 p.m.
At Sinsheim, Germany
New Zealand vs. Mexico, 12:15 p.m.
At Dresden, Germany
Canada vs. Nigeria, 2:45 p.m.
At Moenchengladbach, Germany
France vs. Germany, 2:45 p.m.

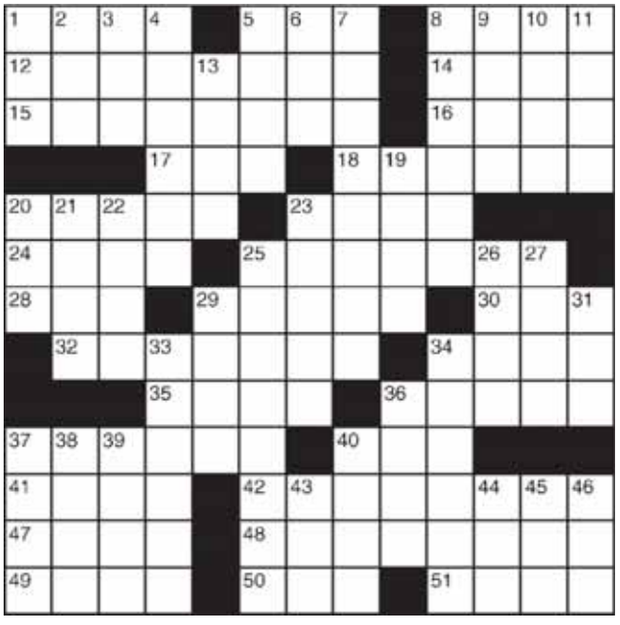
CYCLING

TOUR DE FRANCE

At Les Essarts, France
Second Stage
23 kilometres
1. Garmin-Cervelo, 24 minutes, 48 seconds; 2. BMC, four seconds behind; 3. Sky Procycling, same time; 4. Leopard-Trek, s.t.; 5. HTC-Highroad, 0:05; 6. RadioShack, 0:10; 7. Rabobank, 0:12; 8. Saxo Bank Sungard, 0:28; 9. Astana, 0:32; 10. Omega Pharma-Lotto, 0:39.
Overall Standings
(after two stages)
1. Thor Hushovd, Norway, Garmin-Cervelo, five hours, six minutes, 25 seconds; 2. David Millar, Britain, Garmin-Cervelo, same time; 3. Cadel Evans, Australia, BMC, one second behind; 4. Geraint Thomas, Britain, Sky Procycling, 0:04; 5. Linus Gerdemann, Germany, Leopard-Trek, s.t..
Also
61. Ryder Hesjedal, Victoria, Garmin-Cervelo, 1:14

You'll this.
DOWNLOAD THE NEW METRO APP
for your BlackBerry, iPhone and iPad.
Available on the App Store
BlackBerry App World
metro

Crossword



Across

1 Moist
5 Lingerie item
8 "The — Piper of Hamelin"
12 Outside
14 Went on horseback
15 1972 Bill Withers hit
16 And others (Lat.)
17 Two-timer
18 Blazing
20 Garden insect
23 Roman 202
24 Newman or Lynde
25 One with an entry-level job?
28 Up to, briefly
29 Dorian Gray's creator
30 Baby's mealtime garb
32 "Greetings," in India
34 Options list
35 "Woe is me!"
36 "Psycho" surname
37 Lunar surface feature
40 Inmate
41 Raise
42 Pop song of 1929
47 Land measure
48 Store
49 Needy
50 Soon to arrive
51 Charitable donations

Down

1 Atl. state
2 Chopper
3 1959 Kingston Trio hit
4 Writing tool
5 Tie
6 Bulg. neighbor
7 Three digits after 1
8 Early game in a tourney
9 Greek vowel
10 Dutch cheese
11 Drop a letter?
13 Street
19 Shoot a gun
20 Suitable
21 Aspirin target
22 Hawaiian dance
23 Indianapolis team
25 Took weapons from
26 Help in a crime
27 Near-perfect score, maybe
29 Corduroy ridge
31 Greyhound carrier
33 Be important
34 Oft-repeated chant
36 U2 lead
37 Applaud
38 Puerto —
39 Roundish hairstyle
40 Superhero costume feature
43 Ostrich's cousin
44 Lubricate
45 Closemouthed
46 Type squares

▶ Yesterday's answer

Sudoku

3			2	7	1			8
	9				3	1		
				6				
2		3					6	
	6	5				2	9	
	7					8		4
				9				
		2	7				1	
4			6	5	8			2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	3	9	1	7	8	2	4	6
8	6	4	9	3	2	7	5	1
2	7	1	5	6	4	3	8	9
3	9	5	4	1	7	6	2	8
7	1	2	6	8	9	5	3	4
6	4	8	2	5	3	9	1	7
1	2	3	8	9	6	4	7	5
4	5	6	7	2	1	8	9	3
9	8	7	3	4	5	1	6	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

marc
My mpenzi, we have been together for 5 years and married for 2.our love has endured lots of difficulties.My soldier no matter where you are just remember,I am always there with you and I love you so dearly, always.You are my rock you strengthen me, and my gift to you is my love and honour, and the children we will soon have.I love you Allan now and always. **FROM MRS MARION**

PrinceCharming
"We both know all this has to come to an end" - hmm! i asked 4u long time back for my next life &i was promised. but look HE is letting me have u now...how unattainable unobtainable is that? u r not going anywhere coz i am following u...even next!! **FROM YR HEARTBEAT**

Today 21°/12° Mainly sunny
Tuesday 22°/14° Sunny

The Weather Network
You have voted us #1 for best forecasts on TV. Thank you Canada!
©The Weather Network 2011

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 No matter how hard you think your life may be there is always someone worse off

♉ Taurus April 21-May 21 Someone you trust will give you excellent advice today

♊ Gemini May 22-June 21 ? If you have put in the hours and made an extra special effort then you can expect some kind of reward today

♋ Cancer June 22-July 22 There is no point beating yourself up emotionally and mentally because you made a mistake

♌ Leo July 23-Aug.23 Something you value will be taken from you today

♍ Virgo Aug. 24- Sept. 22 Even if you are convinced that you're in the right accept some of the blame.

♎ Libra Sept. 23-Oct. 23 Spread your workload around as much as you can today.

♏ Scorpio Oct. 24-Nov. 22 The harder you have worked in recent weeks the bigger the payoff will be over the next few days.

♐ Sagittarius Nov. 23-Dec. 21 Don't be too generous when it comes to dividing the spoils.

♑ Capricorn Dec. 22-Jan. 20 Relationships may be serious things but it pays to be lighthearted

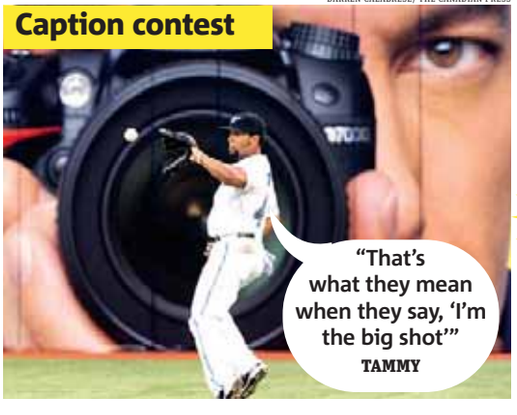
♒ Aquarius Jan. 21-Feb. 18 If you have been wasteful with money of late you need to get serious

♓ Pisces Feb. 19-March 20. Don't ignore the needs of others or trample on their dreams.

SALLY BROMPTON

Caption contest

DARREN CALABRESE/ THE CANADIAN PRESS



DARREN CALABRESE/ THE CANADIAN PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

SPECIAL SALE JULY 1-17
BUY 5 OR MORE, GET 10% OFF!!
BUY 10 OR MORE, GET 30% OFF!!
BOOK•OFF VANCOUVER STORE
636 HORNBY ST. 604-605-8887
A NEVER BEFORE SEEN USED BOOK STORE!
OPEN 7 DAYS A WEEK • 10am - 8pm

LOVE TO PLAY?
Get more Metro puzzles and games on your iPhone with the FREE Metro Play app – updated daily!
Available on the App Store
metro play

FLIGHT CENTRE Unbeatable
Harrison Hot Springs 2 Nights
from $184
taxes & fees included
INCLUDES Harrison Lake accom.
1 866 519 5111 | flightcentre.ca
Conditions apply. Package price is land only, per person, based on double occupancy for total length of stay. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

VancouverGold.ca

Your Local Vancouver Gold Buyer

Honest • Friendly • Fully Licensed • Highest Buying Prices
We Buy Silver, Diamonds, and Coins too!

SURREY LOCATION Now Open!

Member of RCBC

RCBC

GOLD PRICES are... HEATING UP THIS SUMMER!

ITEMS WE BUY

GOLD AND SILVER, DIAMONDS, PLATINUM,
Jewellery, Bars and Bullion, Coins, Watches, Nuggets, Dental Gold, Sterling Flatware

TIP #1 FOR SELLING YOUR GOLD

Avoid buyers who refuse to post prices, especially pawns shops and jewellery stores. They frequently offer unreasonably low prices if they suspect a customer doesn't know the value of their gold.

AS FEATURED ON...

Global BC & National
CTV BC & National
CBC National News

Visit www.vancouvergold.ca to view the clips!

WHAT WE PAY

No-Haggle Price Guarantee

Since we offer our very best prices upfront, there's no need for stressful negotiations. We'll automatically offer you the best pricing. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we'll pay you 50% more than the difference.
Terms and Conditions can be found at **www.VancouverGold.ca**

Karat|Price/gram

1oz Maple Leaf Coin (9999)	$1398/coin
999 Gold Coins and Bars	$42.83
24k Jewellery	$34.64
22k	$31.75
East Indian and Nuggets	$28.15
18k	$25.98
14k and dental	$20.21
10k	$14.43
.925 Sterling Silver	$0.61

We also offer refining services for large and dental lots.
Please contact us for fee and payout information.

Example Purchase 1:

Purity: 14k • Weight: 193.50g
PRICE: $3,910.64

Example Purchase 2:

Purity: 24k • Weight: 6.42g
PRICE: $222.39

Additional Pricing

Gold Coins

Gold Coins Under 24kt (Per Gram of Gold)	$40.23/gram
Maple Leaf Coins under 1 ounce	$44.96/gram
999 Gold Bars under 1 ounce	$41.65/gram
Silver Maple	$32.60/coin
Silver Bullion	$30.90/ounce

Silver

Unrecognized Silver bars 1 ounce or more	$0.85/gram
Stamped Sterling Silver	$0.61/gram
Stamped .800 Silver	$0.53/gram
Unstamped Solid Silver	$0.43/gram

Canadian Silver Coins

Coins from 1966 or earlier	15.6 Times Face Value
Coins from 1967	12.2 Times Face Value
Coins from 1968	9.4 Times Face Value

American Silver Coins

Coins from 1964 or ealier	16.9 Times Face Value

Platinum

Platinum Jewellery (stamped 950)	$35.26/gram
999 Platinum Coins	$44.19/gram

*Canadian Dollars
Last Update 6/30/2011

604.764.5134

254 West Broadway, Vancouver
(2 blocks East of the Broadway & Cambie Canada Line Station)
Mon-Fri 9am-6pm, Sat 10am-5pm, Sun 11am-4pm

604.582.4653

120-10362 King George Hwy, Surrey
(London Station Mall - next to London Drugs & near the Surrey Central Skytrain)
Mon-Fri 9am-5pm, Sat 11am-4pm

www.vancouvergold.ca